

NUTRITIONIST APPROVED ✓

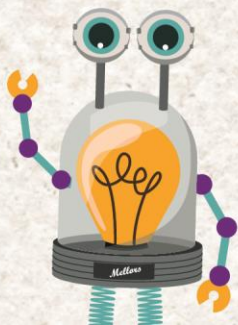
5
A DAY



VEGAN/DAIRY FREE WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW OPTION	Vegetable Fingers	Vegetable Nuggets	Savoury Mince	Meatballs in Tomato Sauce served with Pasta	Vegetable Burger
PINK OPTION	Vegetable Pasta Bake	Cheese and Potato Bake	Vegetable Sausage with Gravy	Vegetable Stew	Cheese Potato Boats
ACCOMPANIMENTS	Potato Wedges Sweetcorn	Mashed Potato Carrots	New Potatoes Broccoli	Garden Peas	Chips Garden Peas
BLUE OPTION	Jacket Potato with Cheese	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Cheese
DESSERTS	Shortbread	Fruity Flapjack	Jelly	Fruity Muffin	Home Made Biscuit
FRESH FRUIT & YOGHURT	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit



MENU



Fuel your afternoon with a healthy school lunch from Mellors

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION